

Figure 1. Excerpt from Contraceptive Action Plan for Oral Contraceptives

What would I do IF...	THEN...
...I go away on vacation and	<p data-bbox="609 1738 1414 1812">Check all the actions you would consider. Also think about actions not listed here</p> <p data-bbox="609 1860 1403 1892"><input type="checkbox"/> ...I will call my pharmacy right away and see if they can</p>

<p>forget to bring my pills?</p> <p><i>Missing pills increases the risk of accidentally getting pregnant.</i></p> <p><i>Emergency contraception (Plan B, Next Step) is birth control pills that are taken after unprotected sex that are available at pharmacies without a prescription. Using emergency contraception as soon as possible after unprotected sex greatly reduces the risk of having an accidental pregnancy.</i></p>	<p>transfer my prescription to a local pharmacy. Often the large pharmacy chains (CVS, Rite Aid, etc.) can easily do this.</p> <ul style="list-style-type: none"> <input type="checkbox"/> ...I will call my health care provider’s office and ask them to call a prescription to a local pharmacy. <input type="checkbox"/> ...I will use a backup method (like condoms) or not have sex for now. When I return home, I will start a new pack of pills and continue to use condoms or not have sex until I have been back on the birth control pills for 1 week. <input type="checkbox"/> ...I will use emergency contraception (Plan B, Next Step), which is available without a prescription in pharmacies. <input type="checkbox"/> ...I will talk with my health care provider about switching to a birth control method that does not require me to worry about when I am on vacation. <input type="checkbox"/> Other:
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